



# APPLEGROVE SENIORS - APRIL 2024

MON	TUE	WED	THU	FRI
1 Easter Monday NO PROGRAMS Applegrove Closed	2 Line Dance 10 AM - 12 PM	3 Income Tax Clinic 9:30 AM- 4:30 PM	4 Line Dance 10 AM - 12 PM ** Games - 11 AM	5 Spanish 10 AM Beg 11:30 AM Inter
8 Yoga 11 AM - 12 PM (at FH)	9 Line Dance 10 AM - 12 PM ** Food Champions 11 AM ** Knit/Crochet Social 10:30 AM - 12 PM	10 Income Tax Clinic 9:30 AM- 4:30 PM ** Health Workshop Series 1 PM - 2:30 PM	11 Line Dance 10 AM - 12 PM ** Games - 11 AM	12 Spanish 10 AM Beg 11:30 AM Inter ** Book Club 1 PM
15 Yoga 11 AM - 12 PM (at FH) ** Mural Art Experience 	16 Line Dance 10 AM - 12 PM	17 Income Tax Clinic 9:30 AM- 4:30 PM ** Local Trip: Canadian Opera Company Free Concerts 10:30 AM	18 Line Dance 10 AM - 12 PM ** Games - 11 AM ** Mexican Cuisine FEE: \$ 5 11 AM - 2 PM 	19 Spanish 10 AM Beg 11:30 AM Inter
22 Yoga 11 AM - 12 PM (at FH)	23 Line Dance 10 AM - 12 PM ** Food Champions 11 AM ** Knit/Crochet Social 10:30 AM - 12 PM	24 Income Tax Clinic 9:30 AM- 4:30 PM	25 Line Dance 10 AM - 12 PM ** Games - 11 AM	26 Spanish 10 AM Beg 11:30 AM Inter
29 Yoga 11 AM - 12 PM (at FH)	30 Line Dance 10 AM - 12 PM ** Food Champions 11 AM ** Movie Matinee "Hello, My Name is Doris" 11 AM - 1 PM			



60 Woodfield Rd  
Toronto, ON. M4L 2W6

**Mexican Cuisine**  
Come and learn how to  
make tortillas, and enjoy  
a tasty filling with them!  
April 18 11 AM - 2 PM

FEE: \$ 5.00  
LOCATION: FH  
1470 Gerrard St E



Please register for all programs  
to help us with our planning.

Everyone is welcome to join our  
activities. If you have financial  
barriers preventing you from  
joining, please call Aida to  
discuss.



647 - 548 - 8143



seniors@applegrovecc.ca

# PROGRAM DESCRIPTIONS

APRIL 2024

## HEALTH WORKSHOP SERIES



Topic of the month: Depression and Anxiety

Let's normalize conversations around depression and anxiety. You don't have to struggle alone! Some tips, tricks, and coping mechanisms.

April 10 1 PM - 2:30 PM Registration required. Location: Applegrove. NO FEE.

## LOCAL TRIP



Canadian Opera Company - Free Concerts Four Seasons Centre. Surrender Spirits.

Surrendered Spirits is influenced and inspired by the impact of familial displacement and upbringing as children of racialized, marginalized and immigrant families.

Meet at Applegrove @ 10:30 a.m. April 17 Bring your own lunch and/or snacks. NO FEE.

## MOVIE MATINEE



“Hello, My Name is Doris.”

Doris Miller is a shy, eccentric, 60-something woman, living alone following the death of her mother, with whom she has lived for her whole life. With Sally Field, Max Greenfield, Tyne Daly

April 30 11 AM - 1 PM Location: Applegrove Fee: \$ 5 includes lunch.

## INCOME TAX CLINIC

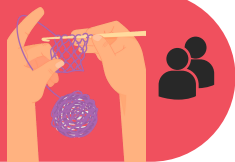


Our Free Tax Clinic takes place at Applegrove only on Wednesdays from 9:30 AM to 4:30 PM

Please call us to make an appointment and check if you qualify for our services.

The free tax clinic service is in person. Call: 647-548-8143 or 416-461-5046

## KNITTING & CROCHET SOCIAL



Meet other local people interested in knitting and crochet. Bring your own project and share experiences, inspire and encourage each other! Come along and join us for some 'me' time in the wonderful company of other lovely, crafty people. Coffee, tea, and light snacks provided. All levels welcome. April 9 & 23 10:30 AM - 12 PM Location: Applegrove

## MURAL ART EXPERIENCE



Applegrove is repainting the mural in the lounge and we need your help! We have the privilege of working with Mo Thunder, a well known artist, to refresh our main program space during the week of April 15-19! Join us on Monday at 3:30pm for an intergenerational consultation session with Mo to give your input, ideas and dreams into the mural design! Tuesday-Friday join us in the Lounge to help us paint the mural with Mo from 12 – 5 pm.